



What is Self-Determination?

Self-Determination means having control over your own life. If you are in the public mental health system it means control over funding for the services you receive – real power to make decisions about your life.

Self-Determination is a core value of the Michigan Developmental Disabilities Council. Self-Determination empowers people with developmental disabilities to achieve life dreams, which is the mission of the Council.

The Michigan Department of Community Health guidelines on Self-Determination describe four principles:

1. **Freedom** – to choose how to live your life, where you live, who lives with you, what you do and where you go in your community.
2. **Authority** – to control a set amount of money you use to buy what you need to live your life.
3. **Support** – to get the help you need to live the way you want to live.
4. **Responsibility** – to use public dollars wisely and to contribute to your community.

Others have added a fifth principle:

5. **Confirmation** – to accept the important leadership of self-advocates in a newly designed public mental health system.

Self-determination offers many opportunities such as:

- Quality education
- Where you live
- Work

- Transportation
- Community involvement
 - Leadership
 - Fun
 - Friendship
 - Family
 - Worship

Interested in learning more about self-determination? Contact your Supports Coordinator at Community Mental Health. Your Supports Coordinator will help you develop:

- a person-centered plan, and
- your budget for supports and services you need.

For more information, please contact the DD Council by phone – 517-334-6123, by TDD – 517-334-7354. Our address is: 1033 S. Washington Ave., Lansing, MI 48910. Our website is: www.michigan.gov/ddcouncil.

2006

OUR COMMUNITY INCLUDES EVERYONE !